

TARGETING HUMAN INSULIN SENSITIVITY

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STELLINGEN

Behorende bij het proefschrift

Targeting human insulin sensitivity

a cool, an active and a compound-based approach

1. Oral supplementation of the NAD⁺ precursor nicotinamide riboside for six weeks with a dose of 1000 mg/day does not improve human insulin sensitivity (*this thesis*)
2. Replacing sedentary time by standing and walking is similarly effective in enhancing peripheral insulin sensitivity compared to one hour of moderate-to-vigorous exercise per day (*this thesis*)
3. Ten days of mild cold exposure without detectable shivering does not improve insulin sensitivity (*this thesis*)
4. Brown adipose tissue activity can be enhanced by oral supplementation with the NAD⁺ precursor nicotinamide riboside in mice, but not in humans (*this thesis*)
5. When human clinical trials are performed, it is of great importance that reliable results are obtained in the most non-invasive way possible (*this thesis – valorization*)
6. Metabolic control involves a delicate balance between energy intake, utilization and storage (*Houtkooper et al. Nature Reviews Molecular Cell Biology, 2016*)
7. Obesity adversely affects nearly all physiological functions of the human body and comprises a significant public health threat (*Adapted from Chooi et al. Metabolism, 2019*)
8. Early in life, when eating and physical activity habits are formed and when the long-term regulation of energy balance may be programmed, there is a critical window for intervention to mitigate the risk of obesity and type 2 diabetes later in life (*WHO, 2016*)
9. Once in a while you can run very fast, but you cannot always go to the maximum (*Eliud Kipchoge*)
10. The whole world is a series of miracles, but we're so used to them we call them ordinary things (*Hans Christian Andersen*)
11. Of all books in the world, the best stories are found between the pages of a passport

Carlijn Remie, 28 augustus 2020